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Your essential daily news | TUESDAY, FEBRUARY 9, 2016

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KILL HARM HARASS

Wording of developer's permit request catches more than the eye of Blanding's turtles in Kanata

metroNEWS

Before getting approval, the developer must show how it will achieve 'overall benefit' for threatened animals. TORSTAR NEWS SERVICE

Carleton fights pension payments to dead prof

metro EXCLUSIVE

Estate received benefits years after owner went missing

Joe Lofaro
Metro | Ottawa

Carleton University is trying to recoup nearly half a million dollars paid to the estate of a professor who received pension benefits while — unbeknownst to the university — he was dead.

The university went to court to recover $497,332 from the estate of George Roseme, who taught political science at Carleton. He was suffering from Alzheimer's disease when he disappeared on Sept. 9, 2007.

Roseme's whereabouts remained a mystery until a neighbour's dog found his remains on July 22, 2013.

While he was presumed missing, Roseme's lifelong friend and former girlfriend, Lynne Threlfall, was appointed tutor to the absentee under Quebec law. She oversaw the monthly $7,122 pension payment into his bank account. Those payments began in January 2008.

She was to receive the payments for a maximum of seven years. Under the Civil Code of Quebec, Roseme was to be presumed alive for seven years, "unless proof of death is made before then." Otherwise, pension benefits end when the beneficiary is declared dead.

But last week, a Superior Court of Quebec judge ruled Threlfall was receiving these payments in "error" after a 2014 coroner's report declared the date of death was Sept. 11, 2007 — two days after he went missing.

"Her role as a tutor ceased when Mr. Roseme's death was established," Justice Martin Bédard wrote in his Feb. 2 ruling.

"Until Carleton was informed of Mr. Roseme's disappearance (through) an article published in the Ottawa Sun on Jan. 25, 2009, the payments made by Carleton were based on the false assumption that Mr. Roseme was alive."

> **Her role as tutor ceased when Mr. Roseme's death was established.**
> Justice Martin Bédard

Carleton spokesman Chris Cline said the university was required by law to pay the pension "until his date of death was determined."

"Carleton has a fiduciary obligation to the members of the Carleton Retirement Plan to pursue reimbursement of payments made after the date of his death," he said in an email.

Threlfall's lawyer, Benoit Duchesne, said Monday he is reviewing the decision and is awaiting his client's instructions on how to proceed.

He declined to comment on whether he will appeal.

metro NEWS
Your essential daily news

Cockroach-inspired robot could save human lives. **World**

NEPEAN

Merivale YMCA to close

Faith Vermette would rather save up to buy home gym equipment than break a sweat anywhere other than her beloved YMCA-YWCA on Merivale Road.

Now that she's learned that her gym for the past five years will close its doors for good on March 25, she said that's probably what she'll do.

"I'm really upset, but in a way I kind of saw it coming," Vermette said.

The YMCA's regional CEO Bob Gallagher announced the location's closure on Feb. 1, citing the physical constraints of the facility on the second floor of the Merivale Mall. According to Gallagher, noise and vibrations coming from the gym are felt by other tenants in the building, leading the landlord to impose escalating restrictions on the gym.

"Although we have been working with the landlord to find a resolution, we are not confident that a viable solution can be found that would allow the Y to successfully operate at this location," Gallagher said in a letter to the location's members.

There are no plans to relocate the gym, which has operated in the Merivale Road location for 20 years.

As a consolation to the location's members, the Y's website says that members who choose to transfer their membership to another branch will receive a free upgrade to an inclusive membership lasting from March 1 to Dec. 31, 2016. The nearest Y location to the one on Merivale Road is in the Carlingwood Shopping Centre on Carling Avenue.

Gallagher said in an interview that the Y will work with the gym's 24 staff members to give them the option of working at another location.

The Y also operates an employment access centre and a language-assessment and referral centre out of the Merivale Mall. Both of those will remain open after the gym has closed.

The YMCA-YWCA of the National Capital Region will hold three town-hall meetings at the Nepean location, where Y members and members of the public can share their thoughts about the closure. Those meetings will take place on Feb. 18 at 12 and 7 p.m. and Feb. 19 at 9 a.m.

MEGAN DELAIRE/METROLAND MEDIA

Ontario on track to receive 10,000 refugees: Wynne

SYRIAN ARRIVALS

Funding details announced for training and workshops

Premier Kathleen Wynne says despite "challenges," Ontario is on track to receive 10,000 Syrian refugees by the end of this month.

The federal government is aiming to settle 25,000 refugees by the end of February, with about two-thirds expected to be government-assisted.

About 7,000 Syrian refugees have already settled in Ontario since Dec. 10, and on Monday the premier announced details of some of the funding committed to helping them.

The Ontario Council of Agencies Serving Immigrants is receiving about $343,000 for trauma and mental-health training for front-line workers as well as a public education campaign, and COSTI Immigrant Services is receiving $283,000 to deliver workshops and orientation resources to refugees.

That money is part of the $8.5 million Ontario pledged over 2-1/2 years to support refugees.

> **We knew that a resettlement of this scale would not be without its challenges.** Premier Kathleen Wynne

Wynne says the refugee resettlement has "been a remarkable success story," though she admits there have been "some timing issues."

"We knew that a resettlement of this scale would not be without its challenges," Wynne said Monday. "We can be confident that our combined efforts are working, now, maybe not quite as quickly or as seamlessly as we would like in every single case. There will always be situations where there are refinements that are needed, but we are rising to the occasion."

The influx of Syrian refugee arrivals has forced agencies in three cities to request a break in the action to hire extra staff and find permanent homes for those who have already arrived before any more are cleared to come to Canada.

Wynne suggested last month that government-assisted refugees who were still in temporary housing at hotels could be paired with private sponsors. But federal Immigration Minister John McCallum said while the idea made sense on its surface, there were too many flaws in the proposal.

As of Feb. 4, 16,565 Syrians have arrived in Canada since Nov. 4. Of that, 9,753 were government-assisted, 5,639 privately sponsored and 1,173 as part of a program that blends the two. THE CANADIAN PRESS

PARLIAMENT SHOOTING

BRAVE FACES OF A DARK DAY Security-services members are recognized at Rideau Hall on Monday during a ceremony to pay tribute to their response efforts to the shooting events on Oct. 22, 2014, on Parliament Hill. **Back row, from left:** Cpl. Maxim Malo, RCMP Const. Gary Bubelis, RCMP Const. Michel Palmer, RCMP Sgt. Richard Rozon, RCMP Const. Patrick Ruest, Const. Samearn Son, Const. Charles Thom, Sergeant-at-Arms Kevin Vickers, RCMP Const. Herbert Waye. **Front row, from left:** RCMP Const. Michelle Bergeron, RCMP Const. Sylvie Marcoux, RCMP Const. Somoza Celestin, Gov. Gen. David Johnston, RCMP Cpl. Dany Daigle, RCMP Const. Martin Fraser, Const. Louis Letourneau.
JUSTIN TANG/THE CANADIAN PRESS

KANATA

Park-and-ride construction to start this spring

Morgan's Grant residents and many others will have a new commuting option this fall when about 300 parking spaces are expected to be ready at a new Innovation Drive park-and-ride.

The project, in the works for about five years, is ready to get underway this spring.

It will take place on a five-hectare site located at the south corner of Terry Fox and Innovation drives. Grading and other work will be done on the entire site in preparation for an additional 500 spaces to be put in after the first 300 open.

The first phase is budgeted at $8.3 million. That will cover almost the whole project, with less than $1 million likely to be needed to finish the project completely, said Kanata North Coun. Marianne Wilkinson.

"I'm happy to have it because we need to have something," said Wilkinson. "I get a lot of complaints about people getting tickets at Eagleson Road (to catch a bus from the Eagleson park-and-ride).

"This will give (commuters) an alternative," she said.

The park-and-ride is expected to be used mostly by local residents who commute downtown or elsewhere east of Kanata.

In a previous study, the city found about 16 per cent of park-and-ride users are from rural areas, while 60 to 70 per cent are local, said Wilkinson.

The park-and-ride could also serve as overflow parking for the Richcraft Recreation Complex just to the south and could serve as a departure point for trips to the Canadian Tire Centre or TD Place, Wilkinson said.

OC Transpo has yet to determine how buses will connect to the site, though a committee is being set up to determine that, said Wilkinson.

Modifications to Terry Fox Drive, Innovation Drive and Goulbourn Forced Road are expected to provide access to the park-and-ride, including bike lines, sidewalks and multi-use pathways.

The mid-sized park-and-ride site is expected to be completely finished by the summer of 2017.

ADAM KVETON/METROLAND MEDIA

Betroffenheit delves into PTSD

ARTS

Actor calls dance-theatre hybrid his most difficult work

Lucy Scholey
Metro | Ottawa

Jonathon Young stars in Betroffenheit, a dance-theatre blended performance about PTSD and addiction. COURTESY WENDY D PHOTOGRAPHY

Following a tragic accident years ago, Jonathon Young struggled to put his grief into words.

The actor and co-founder of Vancouver-based theatre troop Electric Company Theatre uses Betroffenheit — a dark, dance-theatre hybrid about the depths of addiction and post-traumatic stress disorder — to say what he could not. Choreographer Crystal Pite, of legendary dance company Kidd Pivot, is the mastermind behind the movement.

The highly acclaimed show is coming to the National Arts Centre on Feb. 12 and 13.

The German word betroffenheit roughly translates to "consternation." Young discovered the word while reading a post-9/11 theatre book by famed stage director Anne Bogart.

"I think the equivalent, in English, is shock," said Young. "But it describes a more expansive state than that — a kind of speechlessness in the aftermath of an event. The state of being at a loss for words and the sense that now, anything is possible after that happened."

That's fitting for this oft-wordless show, which stars Young himself as "the user" addicted to a substance called "the show." The story starts with language, to show that the user is "all talk," and trying to explain himself out of his situation.

"I knew that this show needed to have a physical component, a wordless component because I was working with things that I couldn't describe or didn't want to name or needed to be careful with and treat with respect," said Young. "It felt like I wasn't qualified, or something, to articulate some of this stuff and felt like it could be done better with dance."

> When I'm trying to process things that happened to me in the world, I try to describe them. I try to turn them into poetry or plays or something to get it outside of me.
> Jonathon Young

It's like the show itself is in a state of betroffenheit and teetering on the edge of trauma. The audience journeys through the stages: the user talks about his addiction, tries to flee it, only to be drawn back. It delves into chaos that's humourous at times.

The inspiration for the show stems from a personal crisis Young experienced with fellow Electric Company founder Kim Collier. In 2009, they lost their 14-year-old daughter, Azra, and two young cousins in a cabin fire in British Columbia. Young himself tried to save the children, but it was too late.

The 42-year-old said he did not suffer post-traumatic stress disorder to the degree that many others do. But he started researching healthy ways to pull himself out of his own betroffenheit.

"When I'm trying to process things that happened to me in the world, I try to describe them. I try to turn them into poetry or plays or something to get it outside of me."

Young said Betroffenheit is his most difficult piece of work, yet. But the show earned rave reviews following its debut last summer at Panamania, Toronto's artsy festival accompaniment to the Pan Am Games.

"I'm relieved to find that it has an entity now that's outside of me. It's been a joy to go back to it and relearn it and find that it's got a lot of positive energy," said Young.

"There's a lot of humour in this show. It's very funny. I think that all suffering will always have that side to it. So strange, but so true."

Tickets for Betroffenheit are available at nac-cna.org and range from $25 to $55. The show starts at 7:30 p.m. on both Friday and Saturday. — WITH FILES FROM TORSTAR NEWS SERVICE

‘Kill, harm and harass’ turtles

DEVELOPMENT

KNL group’s request draws the attention of north Kanata

A request by Kanata Lakes North Development Group to be allowed to “kill, harm and harass” two threatened species and destroy butternut tree habitat on its land has garnered attention in north Kanata.

The development group, which aims to develop land north of Kanata Lakes, west of Innovation Drive and bounded on the north and west by Terry Fox Drive, put in a request for an “overall benefit permit” to the Ministry of Natural Resources and Forestry on Jan. 4.

While this drew alarm from residents and Kanata North Coun. Marianne Wilkinson, Ministry of Natural Resources and Forestry employee Scott Lee said the application is actually unremarkable.

“It sounds like you’re actually killing off everything,” said Wilkinson at a public meeting.

“Well, if they weren’t looking to impact on a species at risk, then they wouldn’t require a permit to allow them to do it from us,” said Lee.

However, what further alarmed residents like Mario Poirier, a member of the Ottawa Duck Club and wetland supporter, is that KNL’s application doesn’t say how it will achieve an overall benefit for the species they are impacting.

The permit will only be given if the proponent can show that not only are the impacts on the threatened and endangered species minimized, but that there is an overall benefit for the species, said Lee.

However, instead of making any promises as to how it will achieve overall benefit, the KNL application suggests only what it might do.

Residents are free to send their comments on the proposal to the ministry; however, Poirier said there is not enough information to make informed comments.

However, that’s the way the process works, said Lee.

The request for an overall benefit permit is posted online as a summary to alert residents that a request was made and to ask them what they think.

It is only after the comment period that the ministry extracts promises from the proponent before a permit is given.

As for what “overall benefit” means — it’s different for each proposal, said Lee. It does not mean that there must be an overall benefit for the species on that particular site, he said. Rather, while impacts to the species on the site have to be minimized, achieving overall benefit can happen in many different ways, including some of the ways KNL has mentioned.

Those include collecting the seeds of butternut trees that have shown a resistance to butternut canker disease, or supporting a research project to track and monitor movements of Blanding’s turtles in remaining and/or created habitat.

Those are some potential approaches KNL has mentioned in its application, and they may or may not be enough to achieve overall benefit according to the ministry, said Lee.

And it will take another two weeks to get to that step as the ministry has extended the comment period for the application to Feb. 17. This is because KNL has agreed to release its full-length proposal to the public — something that usually stays private, said Lee.

It should now be available to the public at the Beaverbrook branch of the library, he said, although it will not contain specific promises as to how KNL intends to achieve overall benefit as it is only a more in-depth version of the online summary.

ADAM KVETON/METROLAND MEDIA

PERMIT REQUEST

The permit asks that the development group, known as KNL, be permitted to:

- **Remove up to 120 butternut trees** (currently listed as endangered) occurring on the 140-hectare site as well as damage and destroy the habitat of these trees.
- **Kill, harm and harass Blanding’s turtles** (currently listed as a threatened species) as well as destroy up to 124 hectares of Blanding’s turtle habitat.
- **Kill, harm and harass Least bitterns** (currently listed as a threatened species) as well as damage up to 10.9 hectares of Least bittern habitat in order to construct a residential development in the city of Ottawa.

ADAM KVETON/METROLAND MEDIA

KNL Development Group are asking the Ministry of Natural Resources and Forestry for permission to interfere with the habitat of Blanding’s turtles like this one — and a species of bird — in the area it owns between Kanata Lakes and Terry Fox Drive. GLENN LOWSON/TORSTAR NEWS SERVICE

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MUNICIPAL POLITICS

Council names new city manager

Lucy Scholey
Metro | Ottawa

A familiar face will soon return to Ottawa City Hall as the new city manager.

Councillors unanimously voted in favour of hiring former deputy city manager Steve Kanellakos as their top bureaucrat during a special meeting on Monday. It marks almost a year since Kanellakos announced he would be leaving the nation’s capital for a city manager position in Vaughan, Ont.

He’s the top choice from a shortlist of six candidates. Mayor Jim Watson said there were other internal contenders, but Kanellakos brings both his knowledge of Ottawa and an outsider’s perspective.

“I come back with fresh eyes,” said Kanellakos, noting he missed his wife and children, who did not leave the nation’s capital. “Going away was a good thing for me, to get that experience being in a leadership role. Big difference between being number 2 and number 1.”

Kanellakos worked under outgoing city manager Kent Kirkpatrick for 15 years. Late last year, Kirkpatrick announced he would not extend his contract over health reasons.

“You don’t fill the shoes of Kent that easily,” said Kanellakos, whose first priority will be to sit down with the mayor and councillors for an update on what he has missed over the past year.

Kirkpatrick was initially due to retire at the end of March, but has agreed to extend his contract by another month until Kanellakos settles into his new role on May 2. His salary will be $319,000.

Wynne on hot seat for $600K pension ads

CONTROVERSY

Premier calls it coincidence they ran before fed election

Premier Kathleen Wynne is defending nearly $600,000 the government spent in advertising the Ontario Retirement Pension Plan (ORPP) during the federal election campaign.

The Canadian Taxpayers' Federation asked for the figure through a Freedom of Information request and was told that $592,834 was spent between Aug. 2 and Oct. 14, five days before the federal election.

The response also shows that the government spent more than $1.6 million in total on all ORPP advertising.

Christine Van Geyn, the director of the federation in Ontario, says Wynne campaigned with the federal Liberals on the issue of pensions during the federal election and "used $600,000 of taxpayer money to support this campaign."

Wynne says the timing of the ads was not intentional, as she had no idea the federal election would be called so early.

She says it's important to let people know the ORPP, set to begin taking effect on Jan. 1, 2017, is coming.

"I think it takes a while for people to learn about a thing and to know that it's coming, so that initial advertising was about foreshadowing for people that this is coming so they will hear more about it in the future," she said Monday.

Ontario's auditor general said during the federal election that she would have questioned the timing of a pension-plan ad if the Liberal government hadn't changed the oversight rules.

The provincial government amended the criteria under which the auditor general approves or rejects government ads, with auditor Bonnie Lysyk warning the changes would gut the legislation and could lead to the public paying for partisan advertising.

She said at the time it would reduce her office to a rubber stamp and could put them in the position of approving ads that conformed to the government's new definition of partisan but were "clearly partisan by any objective, reasonable standard."

The ORPP ad in question met all of the new criteria for not being partisan, but certain aspects of the ad and the timing would have given Lysyk pause under the old, more subjective criteria, she said.

THE CANADIAN PRESS

Jian Ghomeshi leaves a Toronto court after the third day of his trial this month. CHRIS YOUNG/THE CANADIAN PRESS

SEX ASSAULT

Trial may keep victims in shadows: Advocate

Joe Lofaro
Metro | Ottawa

A local advocate for sexual-assault victims says the ongoing criminal trial of Jian Ghomeshi might scare some women away from reporting their abuse to authorities.

Last week, the former CBC Radio host's lawyer, Marie Henein, grilled one of his accusers, Lucy DeCoutere, after revealing to the court a series of flirtatious emails she exchanged with him after the alleged assault. Court heard a letter to him ended with the line "love your hands."

The intense cross-examination could have a "chilling effect" on women reading about the case in the media, said Sunny Marriner, executive director of the Ottawa Rape Crisis Centre.

"Certainly the treatment they see other sexual-assault survivors go through impacts their own feeling of whether or not they want to go forward," said Marriner.

"The overwhelming majority of women are not even considering reporting (sexual assault)."

Only five per cent of women report sexual assault, and an even smaller percentage of complaints lead to criminal charges, she said.

Marriner also came to the defence of DeCoutere, whose testimony led some to question why she would continue communicating with the man who she says assaulted her.

She said it's an "extremely common" reaction for women to want to normalize the situation following the assault.

"Sometimes it's also a matter of safety or self-preservation (when) that person has power over you or is deemed to be a powerful person, ensuring that the way things are left in that person remain positive and feels like normalcy has been restored," she said.

WITH FILES FROM TORSTAR NEWS SERVICE

IN BRIEF

Police seek witnesses to strip-club assault

Ottawa police are seeking witnesses to an assault that occurred after midnight Jan. 31 inside the Barefax strip club on York Street.

They say a group of men got into a dispute, and a man in his 30s was assaulted and suffered serious injuries. He was taken to hospital and released.

Witnesses described the male suspect as white, around five foot nine, with short dark hair. Anyone with information can call police at 613-236-1222, ext. 5166 or Crime Stoppers at 1-800-222-8477 or use the Ottawa Police app. METRO

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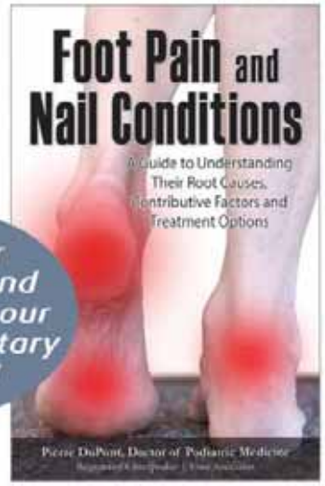
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This image posted on a militant website in January 2014 shows ISIL fighters in Raqqa, Syria. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Canada to end bombing mission against ISIL

MIDDLE EAST

Trudeau says size of training troops to triple

Canada will end its bombing missions against the Islamic State of Iraq and the Levant (ISIL) targets within weeks as it moves to triple the size of its training contingent to assist Iraqi forces on the ground.

Prime Minister Justin Trudeau on Monday laid out the Liberal government's new approach to combat ISIL fighters as he announced that Canada will remain engaged until Mar. 31, 2017.

As the Liberals pledged during the election, Trudeau confirmed Monday that the bombing missions by CF-18s will end no later than Feb. 22. However, operations by two surveillance aircraft and an air-to-air refuelling jet will continue.

In its place, Canada will triple the number of the military trainers. The military now has 69 trainers on the ground in northern Iraq.

As well, the government will deploy medical personnel to provide training to Iraqi forces in how to treat battlefield casualties.

Canada will also provide weapons — small arms, ammunition and optics — to help with the training of local forces.

The government also announced it was stepping up its humanitarian aid to assist with the flood of refugees fleeing the violence. Ottawa will earmark $840 million over three years to provide shelter, food, health care and other essentials.

The government said the changes will see the complement of military personnel dedicated to the mission rise to 830, up from 650 now.

The prior Conservatives dispatched the small team of military trainers to Iraq in September 2014. A month later, the Tories announced they were dispatching six CF-18s to begin bombing missions, as well as an air-to-air refueller and two surveillance aircraft to the region to assist in the coalition air campaign. TORSTAR NEWS SERVICE

$270M

Budget for improving local capacity in education, health, water and sanitation.

COURTS

Day 5 in Ghomeshi court case

Two of Jian Ghomeshi's accusers discussed their allegations of sexual assault against the former broadcaster in thousands of messages they exchanged before and after they went to police, with one of them acknowledging Monday she misled the investigation by withholding information.

A woman, who testified that the one-time CBC star bit her shoulder and put his hands around her neck as they were making out in a park, initially said that while she was friends with another complainant, they never discussed the specifics of the allegations.

But during cross-examination, Ghomeshi's lawyer said that the woman exchanged 5,000 messages with actress Lucy DeCoutere.

The woman also said she didn't tell police that she'd had a sexual encounter with Ghomeshi after the alleged assault because she was embarrassed.

Jian Ghomeshi
THE CANADIAN PRESS

Ghomeshi's lawyer, Marie Henein, said the two women began exchanging messages in 2014 — the same day DeCoutere went public with allegations.

"We had a support system in common. Something that happened to both of us with somebody," the accuser said.

Earlier on Monday, the woman testified that Ghomeshi had surprised her when he put his hands around her neck while they were "making out."

The woman said she had consented to the kissing but not what followed. "He was kissing my neck and I just felt all of a sudden I felt his hand on my shoulders and his teeth. And then his hands were around my neck and he was squeezing," she said in a trembling voice.

"Some kind of switch felt like it had happened. It wasn't the same person there. I tried to get out of it and then his hand was on my mouth, sort of smothering me."

The woman said the alleged incident happened shortly after they first met. THE CANADIAN PRESS

IN BRIEF

Mi'kmaq leader decries P.E.I. park honouree

It's a "grave insult" that a national park in Prince Edward Island still bears the name of a military general who wanted to kill aboriginal people with smallpox, says a Mi'kmaq leader.

John Joe Sark says the name of 18th-century British military commander Jeffery Amherst should be removed from the Port-la-Joye-Fort Amherst historic site near Charlottetown.

"Why should they name any public place after a barbarian and a tyrant that this guy was?" he said Monday.

He has written to the federal government in a bid that adds fuel to an ongoing debate about how historic figures are honoured across Canada and the U.S. THE CANADIAN PRESS

Diner's wall a who's-who

NEW HAMPSHIRE PRIMARY

Staff recalls run-ins with would-be U.S. presidents

These diner waitresses carry anecdotes of presidential candidates like so many plates of barbecued steak tips and Hungry Boy Specials.

The wall of pictures attests to the famous names who have wandered into MaryAnn's Diner over the years: Bill Clinton, Al Gore, Rudy Giuliani, John McCain, Chris Christie and, just the other day, Jeb and Barbara Bush.

One customer eating a corned-beef hash says he saw Hillary Clinton twice last week.

Welcome to New Hampshire.

Being a small state that hosts an early primary means that, every fourth February, residents see their main streets, eateries and gyms inundated with people aspiring to lead the free world.

The women reminisce about their all-time favourite customer. It's a landslide: the 42nd president, who worked table after table and then, when he was finished, went outside and did the same thing down the block.

"Bill Clinton," said manager Linda Guilnet, who's worked at the diner since its 1989 opening.

A few towns away, another New Hampsherite is less impressed that Bush hauled out the family. Ari Pollack says he's been considering voting for Bush, but thinks leaning on mom smacks slightly of desperation.

Pollack has seen five different candidates in this election cycle. He would have seen a sixth, but the Hillary Clinton rally was full and he couldn't get in.

Some will be thrilled to see it conclude. The waitresses complain about media cameras bumping into customers.

Pollack is less cynical. He says his state has an important responsibility: "We're making a decision for the rest of the nation. To at least help narrow the field, to put some candidates in front of the rest of the nation that have been vetted," he said.

THE ASSOCIATED PRESS

1 Newlywed Syrian couple Nada Merhi, 18, and Hassan Youssef, 27, have their wedding photos taken in a heavily damaged building in the war-ravaged city of Homs on Feb. 5.

2 Hassan offers Nada a bouquet of flowers as she salutes him in the midst of destruction.

JOSEPH EID/AFP/GETTY IMAGES

SYRIA

Love in the time of war

Badly damaged buildings in the war-ravaged Syrian city of Homs is the setting of a young couple's wedding pictures.

Newlyweds Nada Merhi, 18, and her husband, Syrian army soldier Hassan Youssef, 27, posed for a series of pictures on Feb. 5 among the ruins of what is left of Homs's streets and buildings after years of civil war.

Merhi wore a traditional white wedding gown. Youssef, a soldier in Syrian President Bashar Assad's army, according to multiple media outlets, wore a military uniform.

The Washington Post identified the Syrian wedding photographer as Jafar Meray. He used the destruction of Homs to his advantage "to show that life is stronger than death," according to AFP photographer Joseph Eid, who accompanied the couple and Meray on the shoot.

On his Facebook page, he explained that the photographs were proof that "life goes on, silently." TORSTAR NEWS SERVICE

TECHNOLOGY

Cockroach bots could save lives

The little cockroach, among nature's most gross and reviled creatures, could soon be saving lives. Well, a cockroach-inspired robot, that is.

A study published Monday in the journal Proceedings of the National Academy of Sciences says robots that mimic cockroaches could help search-and-rescue missions to find survivors.

"Cockroaches are fascinating," said Robert Full, a biologist at the University of California, Berkeley, and one of the study's authors.

Full and Kaushik Jayaram, a post-doctoral engineering student at Harvard University, and the other author of the study found it was able to slip through gaps a quarter its standing height and could withstand loads of nearly 900 times its body weight.

TORSTAR NEWS SERVICE

An American cockroach atop a compressible robot.

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HOUSEHOLD DEBT

Interest rate hike not only tool: BoC

The Bank of Canada's benchmark interest rate needs help in shoring up the financial system from growing risks like rising consumer indebtedness, deputy governor Timothy Lane said in a speech Monday.

Increased government spending, also known as fiscal stimulus, and regulatory changes to curb the accumulation of household debt are other tools that can be used alongside monetary policy, Lane said. "One thing is clear: monetary policy alone cannot be responsible for maintaining financial stability," he said in a speech at the HEC Montreal business school.

Lane said the central bank has identified the combination of climbing household debt and elevated house prices as the financial system's most concerning vulnerability.

This weak spot has been exacerbated by the use of monetary policy, which has led to an extended era of low interest rates. The bank has repeatedly warned that indebtedness, and its associated risks, have continued to inch higher.

This creates a scenario where government spending can be used to stimulate the economy, particularly at a time of cheap borrowing rates, Lane said.

He warned, however, that at a certain point expanding public debt can have its own negative effects on the economy and the financial system.

"But these costs need to be set against concerns that prolonged monetary policy stimulus may result in an excessive buildup of private-sector vulnerabilities," he said.

On Monday, Lane also highlighted other measures that can help shield the financial system, such as the tightened mortgage financing rules introduced in recent years.

THE CANADIAN PRESS

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Shoppers check out the Nordstrom store in Calgary. The U.S. retailer is expanding its presence in Canada with three new locations in Toronto this year and next. TORSTAR NEWS SERVICE

Battle for shoppers

RETAIL

Clothing sector faces challenging years ahead

Artist sketch of the new Saks department stores, opening in Toronto this spring.
TORSTAR NEWS SERVICE

Industry watchers say Canada's retail clothing sector is expected to slow in the coming few years, even though the battle for luxury shoppers is revving up.

After two years of growth approaching four per cent, sales are forecast to slow and bottom out to a mere one per cent increase in 2018, says Trendex North America, a marketing research firm specializing in the clothing industry.

This year's sales are expected to grow by 2.4 per cent versus 3.8 per cent last year, slipping to 1.7 per cent growth in 2017 before inching back up to 2.1 per cent growth in 2020, Trendex said in a 2016 retail apparel market forecast.

The low Canadian dollar is going to put pressure on retailers' margins and force them to offset higher costs by hiking prices, perhaps by three to five per cent.

But the luxury segment should help ease the sluggishness in the low- to mid-priced sector as Saks Fifth Avenue makes its Canadian entry this month with the opening of two Toronto stores and U.S. retailer Nordstrom expands its presence with three new locations in Toronto this year and next.

The openings will give wealthier Canadians a reason to shop at home instead of travelling to global fashion centres such as New York while also attracting Americans looking to take advantage of the low loonie, she said.

THE CANADIAN PRESS

IN BRIEF

National Bank to write off investment in Maple Bank
National Bank says it will write off the $165-million value of its investment in Maple Financial Group, which operates Maple Bank in Germany. Maple Bank's business activities were suspended on the weekend by Germany's regulator. THE CANADIAN PRESS

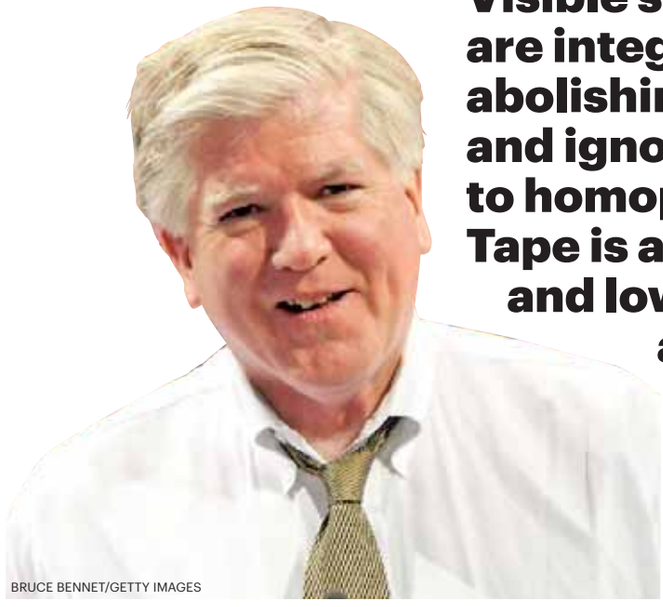
market minute

DOLLAR 71.77¢ (–0.13¢)
TSX 12,535.40 (–228.59)
OIL $29.69 US (–$1.20)
GOLD $1,197.90 US (+$40.20)

NATURAL GAS: $2.140 US (+7.7¢)
DOW JONES: 16,027.05 (–177.92)

metro VIEWS
Your essential daily news
Tuesday, February 9, 2016

Simian sailors
Newfound fossils suggest monkeys arrived in the Americas from Africa 40 million years ago, meaning they floated across the Atlantic for 15 days or more.



BRUCE BENNET/GETTY IMAGES

Visible signs of inclusion are integral steps in abolishing the bias, fear and ignorance that lead to homophobia. Pride Tape is a simple, easy and low-cost way of announcing your support for the LGBTQ community.

— BRIAN BURKE

The Burke family is always looking for ways to show our support for the LGBTQ community. I was very excited when I met Jeff McLean, investor in Pride Tape, and thrilled when the Edmonton Oilers used it during their skills competition. We can't wait to bring it to Calgary once it is fully in production.

Visible signs of inclusion like these are integral steps in abolishing the bias, fear and ignorance that lead to homophobia. Through amazing initiatives and organizations such as Pride Tape, Pride parades, You Can Play and Canadian Safe Schools Network, steady progress is being made.

Pride Tape is cool because it's a simple, easy and low-cost way of announcing your support for the LGBTQ community in a team sports environment — the very message that You Can Play carries forward every day.

This issue has been vitally important to me since my late son, Brendan, came out to us all. Brendan was a wonderful young man and he came out in a very public and courageous way.

Since we lost Brendan, our family has been dedicated to furthering the causes and goals of the LGBTQ community. I am only sorry that this wasn't a priority for me much earlier in my life.

People ask me how they can help. I always tell them the same thing: Take three steps in your life. First, practice and teach acceptance in your home and workplace. The best thing about Brendan coming out was that I didn't have to take anything back. No hatred was allowed in my house. No racial humor, no homophobic language — nothing allowed. It was the same at work.

Work actively to end homophobia and bullying. Intervene if you can; report it if you can't.

Second, take a positive, affirmative step on behalf of the group — join PFLAG, You Can Play or the Canadian Safe Schools Network. Volunteer. Write a cheque. Join a Gay-Straight Alliance. March in a Pride Parade. Engage with your local LGBTQ community. It's easy to say that you care — prove it!

And finally, work actively to end homophobia and bullying. Intervene if you can; report it if you can't.

I long for the day when these badges of honor and acceptance on behalf of the LGBTQ community are no longer necessary. But sadly, right now, they are. Join us in this fight against bias, fear and ignorance!

Brian Burke is the president of hockey operations for the Calgary Flames. He was the general manager of the Toronto Maple Leafs from 2008 to 2013. He is on the advisory board of You Can Play, which promotes LGBTQ inclusion in Canadian sports.

METRO CALL TO ACTION

#PrideTape picks up steam

The colourful campaign to banish homophobia from hockey has support in high places — from NHL executives to generous investors — but it's up to Metro readers to help keep the movement in motion.

The Pride Tape Kickstarter campaign was a smashing success: It closed Feb. 4 after raising $76,147. Soon 10,000 rolls of rainbow-hued tape, a powerful symbol of LGBTQ inclusion in sports, will be on their way to hockey teams.

Kris Wells, a professor at the University of Alberta's Institute of Sexual Minority Studies and Services who spearheaded the Pride Tape initiative, told Metro seven NHL teams have contacted the campaign directly or indirectly to inquire about the tape. So far, just the Edmonton Oilers have displayed their multicoloured pride on the ice, during a skills competition.

CONTRIBUTED

Do the coaches, players and hockey fans in your community know about Pride Tape? Spread the word!

Do you want your local teams — professional and amateur— to get on board with Pride Tape? Share this story on social media: #PrideTape

metroview

The best voting reform idea you've never heard of

Norm Beach
For Metro

Our first-past-the-post electoral system is widely and justifiably criticized. After all, if you're a Tory in downtown Toronto or a Green supporter anywhere in Canada except Vancouver Island, it seems futile to cast an essentially "wasted" vote.

So millions stay home while millions of others hold their noses and choose someone they don't really want in order to deny power to someone they hate.

But there's a system under which voters could have their choices directly reflected in Parliament, without adding more MPs, altering electoral districts or setting off a Meech Lake-esque constitutional battle.

It's called proportional parliamentary voting (PPV) and, like proportional representation, it's premised on the idea that each party's legislative power should be in proportion to its share of the popular vote.

Under PPV, when the House of Commons votes on an issue, MPs stand and vote individually, as they always have. But any party whose share of the popular vote is greater than its share of seats is awarded additional votes (on paper only — there are no additional MPs).

If this system had been put in place for this Parliament, the Liberals would not have a majority. Instead, the PPV formula would be pegged to the 184 Grit MPs who received about 40 per cent of the popular vote, yielding a House of Commons consisting of 460 total votes, with 231 required for a majority. The 99 Conservative MPs, who received 32 per cent of the popular vote, would be awarded 48 additional parliamentary votes for a Conservative total of 147. (The NDP would have 92 votes; the Bloc, 23, the Greens, 14.)

We'd say goodbye to false majority governments, strategic voting and "wasted" votes. Everywhere in Canada, every vote would help the party the voter chooses get more power in Parliament. The only exception would be votes for parties with no MPs in the resulting Parliament. (Fewer than one per cent of such votes went to such parties last time.)

It would not be a difficult process. The Parliament of Canada Act gives the House of Commons the exclusive power to establish its rules and procedures. It could make this change at the end of its mandate, so it would apply to the next Parliament. This change would not affect the electoral system, so if Canadians don't want first-past-the-post, reforms such as ranked balloting would still be possible.

Clearly, though, proportional parliamentary voting would be a better way to guarantee that no vote is wasted. For the next election, let's finally make every vote count.

Norm Beach is a Toronto-based teacher and writer.

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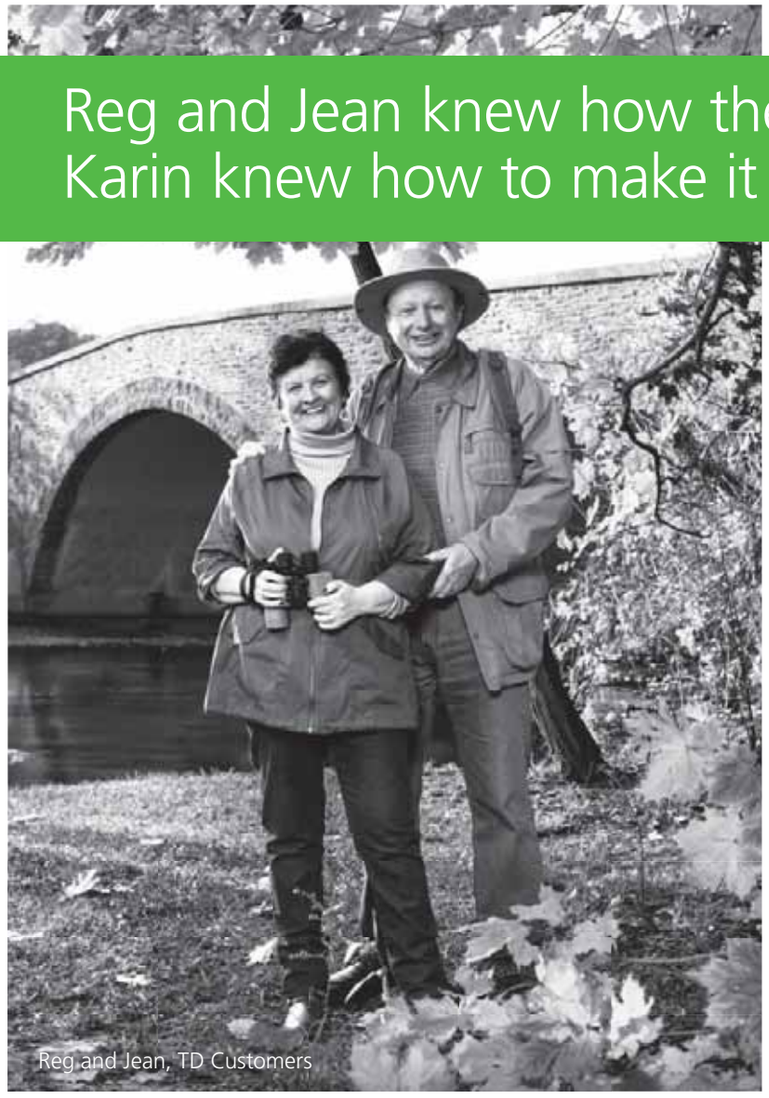

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Saving through uncertainty

NEST EGG

Putting some money away when income isn't steady

Michelle Williams

Not everyone has a job with a regular paycheque and benefits, including a group savings plan. In fact, in today's economy, more and more investors are dealing with instability in their workplace, forcing them to be committed and creative about saving for their retirement.

Proper investment advice can help you plan for retirement even when your earnings are inconsistent. ISTOCK

Working on contract

Ana Pereira, 46, is a project manager who is currently part-way through a five-month contract with Canadian Tire. She earns good money when she's working, but there are sometimes weeks or months between contracts where she has no income.

Pereira owns her home and has worked diligently to pay down her mortgage quickly. She also has a car and some RSP and TFSA savings. While she'd prefer a permanent position because of her financial commitments, the right opportunity has not yet come along.

She admits that during periods of unemployment between contracts, it's difficult to keep her head above water without dipping into savings.

According to Guy Anderson, senior financial consultant at Investment Planning Counsel, someone in Pereira's position should consider using some of the funds she's putting toward her mortgage to top up her TFSA and RSP savings and extend her mortgage payments over a longer period.

"That way, she has a safety net should she have periods of low cash flow due to unemployment between contracts," Anderson says.

Owning a small business

Lynton Friedman, 41, is a registered psychotherapist who practices hypnotherapy. He also owns Sanlyn Wellness Centre in Thornhill, Ont., teaching clients techniques to reduce anxiety, relax and break bad habits.

He's been in business for over 10 years and has recently gone through a period of high growth, but like any service business, there are some months where cash flow is low. While putting money back into his business is important to him, Friedman appreciates the need to be saving for his retirement.

"(He) is at a key time in his life and career to start making some serious strides in his retirement savings," says Anderson. He suggests Friedman talk to his advisor about leveraging RSP savings and the federal government's Home Buyers' Plan so he can purchase his first home.

"He can direct $25,000 from his RSP toward his home without tax penalty if he pays it back over 15 years," Anderson says.

Freelancing

Matthew Davies, 51, a freelance TV and film composer, experiences ups and downs in income due to music royalties. A few years back, he had a very good income year — but that came with big tax implications. His strategy was to put money into his RSP for the tax deferral, and he also purchased a spousal RSP, since his wife, Ginette, 43, was a stay-at-home mom.

Royalties are dwindling due to changes in the television industry, so Davies and his wife have opened a "spy birthday party" company, Undercover Kids. With startup costs and shrinking music royalties, cash flow continues to be a challenge while they get their new business going.

For them, Anderson suggests, their RSP savings are a handy emergency fund.

"Since three years have passed since the spousal RSP contribution, they can take it out and use it to help with their personal and business expenses," he says. "Because Ginette's income is still not very high, the taxes they're paying on the RSP withdrawal are minimal."

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Your essential daily news

Concussion raises long-term suicide risk in adults, new research shows

Delivering birth canal benefits

RESEARCH

Study may have found way to reduce risks to C-section babies

GOOD GERMS By swabbing infants with birth fluids immediately after delivery by C-section, researchers found they could modify skin microbiota.

Babies delivered by C-section have a greater risk of developing asthma, allergies, Type 1 diabetes and obesity. TORSTAR NEWS SERVICE

While passing through the birth canal, newborns are bathed in a mixture of their mothers' bacteria believed to play a role in boosting their immune systems and preventing disease.

So the implications for infants born by caesarean — who don't acquire those important microbes — has been a concern at a time when C-section rates have been rising, accounting for about 28 per cent of Canadian births.

Now a pilot study in the journal Nature Medicine has found there may be a solution.

Researchers reported they successfully transferred the immune-building microbial communities of mothers to their caesarean-born babies by swabbing them with birth fluids immediately after delivery.

"Our study is the first to demonstrate that partial microbiome restoration just after birth is possible in babies born by C-section," said microbiologist Maria Dominguez-Bello, associate professor at New York University's Langone Medical Center and lead author of the study, published last week.

While the study is small, involving only 18 mothers and babies, the results provide important evidence that the principle of transferring healthy bacteria is feasible, added co-author Jose Clemente, associate professor with the Icahn School of Medicine at Mount Sinai in New York.

By swabbing the infants immediately after delivery, "we can modify this skin-like microbiota that C-section babies usually get and make it resemble the microbiota of vaginally delivered infants," he said.

Over the first month of life, they found "significant differences" in the bacterial communities of those infants versus the babies born by caesarean but not swabbed.

This is not a procedure currently available for hospital births.

But the research lays the groundwork for future studies to see whether this kind of intervention can reduce the risks of developing such conditions as asthma, allergies, Type 1 diabetes and obesity, which have been associated with caesarean birth.

The pilot study included seven babies born vaginally and 11 by caesarean.

Four of the C-section babies had their mouths and bodies swabbed immediately after delivery with sterile gauze incubated in the mother's vagina an hour before surgery. The research team collected more than 1,500 samples from anal, oral and skin sites from mothers and babies over the next 30 days that they analyzed and compared.

The procedure included careful screening to ensure mothers were not carrying potentially harmful bacteria such as streptococcus B or other infectious bacteria or viruses.

The samples are part of a larger ongoing research project that includes 84 moms and babies who will be followed for a year after birth, said Dominguez-Bello.

But her team felt their initial findings should be reported earlier.

Research suggests that the first 100 days of life are crucial for developing a healthy gut bacteria, says Dr. Stuart Turvey, pediatrician at B.C. Children's Hospital and the University of British Columbia who has conducted researcher with the Canadian Microbiome Initiative.

So the study's findings that it's possible to change the structure of the microbial community in a baby's gut by intervening at birth is encouraging, he said.

It opens the door for researchers to identify healthy bacteria that might prevent diseases such as asthma and think about how to administer those to babies, he added.

"What's exciting about these strategies is they're looking to prevent disease."

TORSTAR NEWS SERVICE

FITNESS

True or false: Fitness experts dissect five workout clichés

We asked personal trainers and fitness pros — Kathleen Trotter, Stephanie Joanne and Sarah Robichaud — to separate fact from fiction.

No pain, no gain

Totally false. Fitness experts say pain is a sign something is going wrong — maybe it's your form, or you're pushing yourself too hard. Whatever the case, it's not a good thing.

"The idea of negative, harmful pain being positive is never true," says Trotter.

You don't have to be sore the next day either to get results, adds Joanne. "It's almost the opposite of what I would want anyone to do," she says.

It's all about knowing the line between pushing your body to its limits and feeling that muscle sensation, versus real pain that comes from hurting yourself during a workout.

Feel the burn

Sometimes true. There's pain (bad) and then there's that burning sensation that often accompanies a workout (not necessarily bad.) It's fine to push yourself to the point of fatigue during exercise, says Robichaud.

"I know I'm fatigued when I feel that burning sensation in my body — the lactic acid build-up — but never to the point of pain or sacrificing your form," she adds.

Feeling the "burn" isn't necessary to see results, notes Joanne, but it can provide a psychological boost.

You are what you eat

Mostly true. If you're opting for cake instead of broccoli, you'll definitely feel different after. But experts say the truth is more nuanced that this cliché.

"If you're eating foods that are heavy and fat-laden, and sugar-laden, you are going to feel heavy and you will develop fat on your body," says Robichaud.

And, if you're spending time in the gym but not eating well, you won't get results, adds Joanne.

However, if your digestive system is out of whack, that might mean you're not getting nutrients properly — regardless of what you eat — says Trotter.

It never gets easier — you just get stronger

Sometimes true. This cliché depends on the situation, says Trotter. A beginner runner, for instance, might run 5 kilometres in 40 minutes.

"In a year, hopefully you can run it in 30 minutes, and that's going to feel like what you've done in 40," she says. "It's easier — because you're more fit."

When you're pumping iron, things get easier as you strengthen your muscles. "As you tear up muscle fibres in your workout, and then you recover, they come back together even stronger," says Robichaud. The stronger you get, the harder you can work – so in that sense, it's never getting any easier.

The only bad workout is no workout

Totally true. All three of the experts agreed. "Any movement, even if you just go for a walk and get yourself out of that sedentary mindset, is better than nothing," says Joanne.

In the fitness world, there's a constant pursuit of perfection, but Trotter says people need to shake that — it's not about the "perfect" workout, since something is better than nothing.

"You'll never regret being active," adds Robichaud.

TORSTAR NEWS SERVICE

Ease screen strain with gentle eye yoga

If you spend more than two hours a day in front of a computer, you are at risk of developing computer vision syndrome, a group of vision-related problems that stem from computer use. Symptoms include: tired, itchy, irritated eyes; blurred vision and even headaches. This simple eye-yoga routine is designed to keep computer vision syndrome at bay. YUMEE CHUNG/TORSTAR NEWS SERVICE

EYESIGHT RESPITE

1. Sit tall with your head positioned over the shoulders and chin level with the floor. Fix your gaze at least six metres away.
2. Raise your eyes and gaze skyward for a slow inhale and an equally slow exhale. Lower your eyes and gaze at the earth for another full breath cycle.
3. Turn your eyes to the left and to the right, pausing to breathe at each location.
4. Vigorously rub your hands together until they heat up. Then lightly cup the warm palms over your closed eyes. Breathe deeply and relax into the soothing space behind your eyelids for at least five measured breaths.
5. Finish by using your hands to wipe down the face, throat and chest before blinking the eyes open and closed a few times.

12
The average person blinks 12 times per minute, but computer users blink only five times a minute.

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Younger's sly laughs ring true

THE SHOW: Younger, Season One, Episode 3 (E/TV Land)
THE MOMENT: The Laugh

In Younger, Sutton Foster, left, plays a woman who gets to relive her 20s — and savour them this time. CONTRIBUTED

Liza (Sutton Foster) and Josh (Nico Tortorella) are finally kissing. She likes him, but she's been resisting this, because she has a secret. Divorced, broke, she was unable to get a job in book publishing until she began posing as someone his age, 26. She's 40.

The kissing escalates. Josh takes off his shirt. He's slim, muscular, covered in interesting tattoos. Liza bursts out laughing.

That laugh — equal parts nervous, amazed (that's how men look now?), and rueful (Liza and her husband had stopped having sex) — is what keeps Younger on the right side of the ridiculous/fun axis.

Show creator Darren Star (Sex and the City) traffics in frothy fantasies, and this one is a whopper: that a woman who rushed into adulthood can relive her 20s, and savour them this time. (Complete with a hipster wardrobe from SATC's costumer, Pat Field.)

Younger has its groaners. The 20-year-olds can be reductively narcissistic, the 40-year-olds bitter or clueless. But as he did on SATC, Star sneaks in several sly truths per episode about how our society pits women against one another, and makes us into our own worst enemies. "She's hit her head on the glass ceiling so many times she's got dementia," a 20-something says about her boss — a funny line, and a state many women know too well.

I also laughed at this one: "Dating in your 40s is like trying to rent out a beautiful apartment where a murder took place. Everyone is spooked." There was rue in my laugh, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

STUDY

Women more likely to 'catch' yawns

A study published in the journal, Royal Society Open Science, by a group of researchers from the University of Pisa, Italy, suggests that although women and men yawn "spontaneously" at the same rate, women are more likely than men to "catch" yawns.

In other words women are more likely to yawn right after someone else near them has.

"We demonstrated that yawn contagion is gender affected," said Elisabetta Palagi, a behavioural biologist, and co-author of the study, over the phone.

Palagi and her team believe that women are more likely to catch yawns than men because they are more empathetic and attuned to other people's emotions.

The team covertly observed more than a thousand bouts of yawning over a five-year period in train stations, airports and on the street, without people being aware that they were watched.

"We typed in mobile phones or wrote on notebooks, every yawn that was emitted by each person, the time and who could perceive it," wrote researcher Elisa Demuru in an email from Pisa. The researchers even used their own friends as guinea pigs, secretly monitoring their yawns when they came over for dinner and drinks.

"They were at my house, so, no problem. It is (a) very, very cheap," way of doing research, said Palagi with a laugh.

The paper also found that people are more likely to catch yawns from friends, family or coworkers, than strangers.

A 2015 Baylor University study found that psychopaths, who are known to have less empathy, are less likely to catch yawns than other people. TORSTAR NEWS SERVICE

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metro SPORTS

The Knicks fired coach Derek Fisher, who accumulated a 40-96 record in a season and a half in New York.

Parity holding trade deadline hostage

NHL

Bubble teams implement wait-and-see approach

With the NHL standings legitimately crunched three weeks before the trade deadline, teams looking to add a piece for a playoff run might be left waiting to find a seller.

As Dallas Stars general manager Jim Nill sees it, this is the new normal for the league.

"I think it's changed the market and I think this is the way it's going to be going forward," said Nill. "Parity, it's in there now. Every team has a chance. I really think moving forward this is what our league is going to be. It's going to be tight. The difference is going to be 3-5 wins for everybody."

Of the 16 teams in the Eastern Conference, all but three are either in a playoff spot or within five points of one. It's even tighter out West, with bottom dwellers Calgary, Winnipeg and Edmonton still vying for a post-season position.

Parity in the league, and a generous system that awards a point for an overtime or shootout loss, is keeping more teams in the thick of the playoff race for longer. That results in a trade market with few legitimate sellers leading up to the Feb. 29 deadline, and potential buyers like Nill's Stars left waiting.

There were an average of 26 trades in and around the deadline in the five seasons that followed the 2004-05 NHL lockout, including a high of 31 in 2010. Over the ensuing five seasons that number plummeted to 19 on average, though with a spike of 24 trades at the March 2 deadline last year.

Senators defenceman Jared Cowen, right, is rumoured to be on the trading block.
MIKE CARLSON/GETTY IMAGES

> **If you're two points out of a playoff spot on the trade deadline it's hard to pull the plug and start letting players go.** Red Wings GM Ken Holland

Nill said the dynamics of parity are increasingly changing how the trade market operates. He said teams are waiting longer to determine their approach — buying, selling or neither — for the trade deadline. He estimates a group of eight to 10 teams in good position at the moment, those who are willing to consider just about anything. Most everyone else waits.

The scarcity of sellers could mean fewer options and higher prices for buyers.

"That's going to be the unknown," said Nill, whose Dallas squad sits comfortably in a playoff spot at the moment with 71 points. "There's probably three to five teams that are saying 'Hey we're probably out of it,' but I think everybody else is saying 'You know what, we're in it.'"

THE CANADIAN PRESS

Byfuglien signs 5-year extension

The Winnipeg Jets have signed defenceman Dustin Byfuglien to a five-year, $38-million US contract extension with a salary-cap hit of $7.6 million per year.

The 30-year-old has recorded 32 points (15 goals, 17 assists) in 52 games this season.

He leads the Jets with 163 shots, 78 penalty minutes and 24 minutes and 14 seconds of ice time per game.

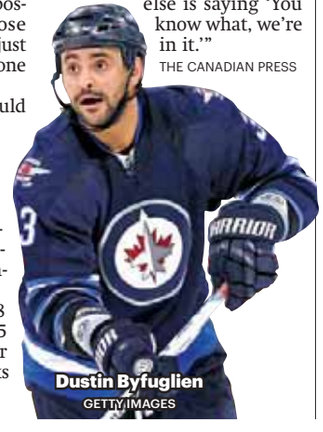
The native of Roseau, Minn., represented the Central Division at the 2016 all-star game, scoring a goal and adding an assist.

Byfuglien was acquired when the Jets franchise was based in Atlanta via a 2010 off-season trade with Chicago.

The trade came after Byfuglien helped the Blackhawks win the 2010 Stanley Cup.

He has 376 points (148 goals, 228 assists) and 775 penalty minutes in 649 career games with the Blackhawks and the Thrashers/Jets.

THE CANADIAN PRESS



Dustin Byfuglien
GETTY IMAGES

NHL

Crosby back atop weekly honours

Sidney Crosby's torrid scoring streak has earned him NHL first star of the week honours.

The Pittsburgh captain had five goals and three assists in three games last week, extending his point streak to 10 games.

10

Crosby entered Monday with a 10-game point streak.

Crosby's week was highlighted by his ninth career hat trick, with an assist, in Pittsburgh's 6-5 win over Ottawa on Tuesday.

He had a goal and two assists in a 3-2 overtime win over Florida on Saturday, giving him 902 career points. He reached the 900-point mark in his 677th career game. Only 10 players in NHL history have reached that milestone quicker.

Ottawa defenceman Erik Karlsson was named second star with seven assists in three games. Florida centre Vincent Trocheck took third-star honours with three goals and three assists in three games.

THE CANADIAN PRESS

NFL

Agent confirms Lynch's retirement

When Marshawn Lynch was brought to Seattle early in the 2010 season, he was acquired because the Seahawks desperately needed a running back.

What he ended up providing was an attitude and style that became the foundation for bringing the first Super Bowl title to the Pacific Northwest.

And for that, Lynch will forever hold a special place with the Seahawks.

Without saying a word — big surprise — Lynch drew a lot of attention during the fourth quarter of the Super Bowl on Sunday night with a single post on social media. Just a picture, green cleats hanging from a power or telephone line, and a peace sign emoji. It was his way of saying goodbye from football, a decision that his agent Doug Hendrickson confirmed to The Associated Press on Monday saying Lynch intends to retire.

Marshawn Lynch
GETTY IMAGES

Lynch, 29, will step aside after nine seasons in the league. Six of those came in Seattle, where he played in the post-season five times. He tied for the NFL lead in rushing touchdowns in 2013 and 2014 and is No. 8 all-time in total yards rushing during the post-season.

THE ASSOCIATED PRESS

NFL IN BRIEF

Lawyer: Manziel ruptured ex's eardrum in assault

Johnny Manziel's ex-girlfriend says in an affidavit that he hit her so hard during a late-night confrontation that she lost hearing in one ear.

Colleen Crowley suffered a ruptured eardrum, which is expected to eventually heal, her lawyer revealed.

Crowley detailed Manziel's alleged attack as part of proceedings to obtain a protective order against the troubled Cleveland Browns quarterback.

THE ASSOCIATED PRESS

McCoy being investigated over fight with off-duty cops

Buffalo Bills running back LeSean McCoy is under investigation over a Philadelphia nightclub brawl early Sunday that left two off-duty police officers injured, one with a broken nose and broken ribs and the other with a possible skull fracture.

The incident occurred early Sunday morning after an argument broke out between McCoy's party and the officers over a bottle of champagne.

THE ASSOCIATED PRESS

RECIPE Roasted Chicken and Grapes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This unusual combination delivers amazing flavour, both savoury and sweet. It's posh enough to serve to guests but simple enough to whip up on any weeknight evening.

Ready in
Prep time: 5 minutes
Total time: 30 minutes
Serves 4

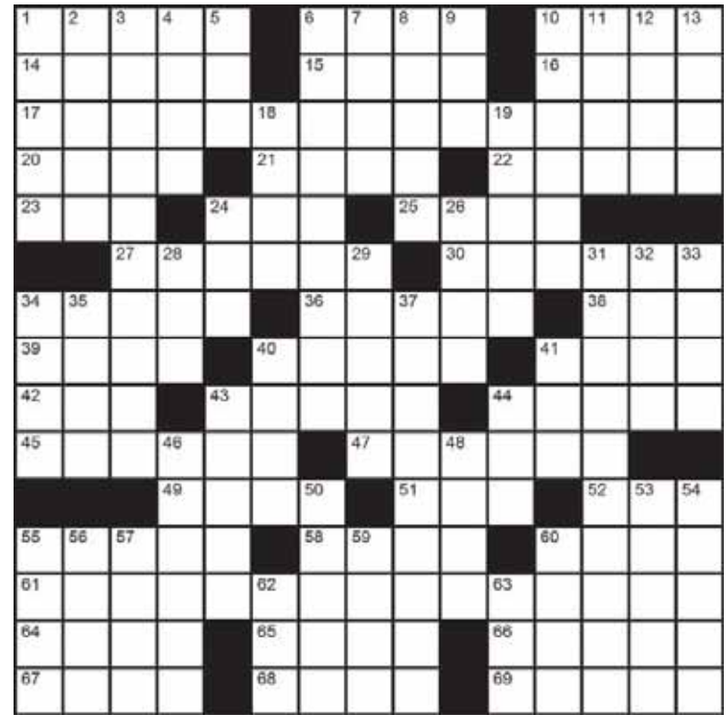
Ingredients
- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions
1. Preheat the oven to 400 F.
2. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a clean plate.
3. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.
4. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.
5. Serve over couscous, mashed potatoes or polenta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Domesticated
6. Vroom, vroom... __ 500
10. Radiate
14. Ms. Cara
15. Drill hole
16. When Jimmy Kimmel is on
17. First World War munitions: 2 wds.
20. Route
21. Aloud
22. Elongated circles
23. Cobbler's tool
24. __ Epstein (Gregory Smith's role on "Rookie Blue" on Global TV)
25. Animal-powered plow contraption
27. "Would you stop already.": 2 wds.
30. Hertz pickup
34. Curved music symbols
36. Elizabeth's nickname, perhaps
38. Annie Lennox's inquisitive hit of 1992
39. Ardent
40. Pesky pet problems
41. Marcel Marceau's job title
42. "You're All __ Got Tonight" by The Cars
43. Military officer, e.g.
44. Ms. Winslet's
45. Grammar topic
47. Afraid
49. Twisted-apart cookie
51. Froms opposites
52. Gives birth
55. Is performing really well
58. Subatomic particle
60. Pinnacle
61. Queen Elizabeth's attendants
64. Allied group
65. Feed the poker kitty
66. Like a TV show that should have been airing: 2 wds.
67. Shakespeare play title starter
68. Madonna's "Live to __"
69. __ __ relax (Calm down)

DOWN
1. Fairytale accessory
2. Bow and what?
3. Album of 1984 by Canadian singing star Lee Aaron: 2 wds.
4. British novelist Ms. Bagnold
5. Wilmington's state [abbr.]
6. Mount Caubvick aka Mont d'__ (High peak on the Quebec/Labrador border)
7. Ms. Ephron
8. Laconically
9. Agreeable answer
10. Ten-plus-one
11. __ fide (In bad faith)
12. "__ take a few days." (Waiting-for-something time span)
13. Nastassja Kinski title role
18. Swag
19. Cornball
24. Insult in a hip way
26. Eyeballs
28. Vase variety
29. Daily commute delay cause: 2 wds.
31. Canadian comedy series which starred Don McKellar and Molly Parker: 2 wds.
32. Wistfully sighed phrase: 2 wds.
33. Caustics
34. Locomotes the slopes
35. Canadian comic actor Eugene
37. Showerer's dryer-offer: 2 wds.
40. Obsession, idee __
41. Avril's follower
43. Big
44. PC information units
46. Music chord types
48. Mrs. Chaplin (Charlie's last wife)
50. Speak out
53. "Are too." retort: 2 wds.
54. Musical repetition mark
55. Actress Jessica
56. Referee's decision
57. Matinee star
59. Global, for short
60. Suffix with 'Origin'
62. Roosted
63. Chg. card percentage

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you let things slip, you'll be struggling to catch up for the rest of the week. Stay on top of your workload, no matter how boring it may be.

Taurus April 21 - May 21
You can get twice as much done in half the time it takes most other people but that doesn't mean you should. If anything you should be cutting back a bit now. Keep doing it all and others will expect it of you.

Gemini May 22 - June 21
Why are some people so irritable? You won't change them, so don't waste time trying. Today's influences will bring out the worst in those who lack self-control, but it will bring out the best in you.

Cancer June 22 - July 23
The weather in your neck of the cosmic woods may get a bit blowy today but the long-term forecast is good, so sit tight and ride out the storm. Come the weekend your world will be a brighter and sunnier place.

Leo July 24 - Aug. 23
You may be eager to show what you can do but you would be wise not to rush things. If you act too soon, you may only get half what you could have earned if you had waited a day.

Virgo Aug. 24 - Sept. 23
Have a clear idea of what it is you are aiming for, otherwise you will waste a lot of time and energy on things that don't matter. Make a conscious decision not to get carried away.

Libra Sept. 24 - Oct. 23
It may seem as if all sorts of things are going wrong at the moment but it isn't true — relatively speaking your life is a huge success. If you want to be inspired take a look at those who really do have to struggle to get things done.

Scorpio Oct. 24 - Nov. 22
Listen to friends today. They have a wealth of experience that can be used to sidestep the pitfalls that will appear along your path.

Sagittarius Nov. 23 - Dec. 21
You can make a name for yourself but only if you are prepared to give up the things that are holding you back. Anything that takes up too much of time, or money, must go.

Capricorn Dec. 22 - Jan. 20
If you're planning a trip check and make sure there's nothing that could hold you back. Allow more time for your journey. You'll reach your destination but it may take a while.

Aquarius Jan. 21 - Feb. 19
Is there some kind of conspiracy that is stopping you from reaching your goal? Maybe there is but more likely it's just your mind playing tricks on you. By all means be wary but don't make accusations.

Pisces Feb. 20 - March 20
It is inevitable that you will encounter some kind of resistance. It may be emotional resistance or it may be physical but either way you'll have to find an alternative route.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	7		4				1	
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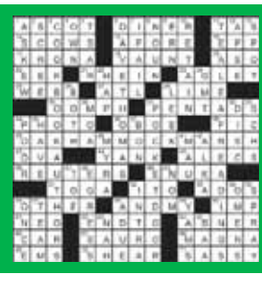
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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